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Officer Misidentified

In the Oct. 31, 1995 edition, the *Gateway* incorrectly identified Omaha Police Officer Tariq Al-Amin as host of a talk show on the public access channel.

In a column titled "TV Host Talks Out of Both Sides of Mouth," a *Gateway* columnist incorrectly attributed several comments and actions of another host to officer Al-Amin.

The *Gateway* apologizes to officer Al-Amin for the error.



You better not
pout,
you better not
cry

Look for the *Gateway's*
Holiday Issue on Friday

Making a Splash

Brian Jackson practices his kayaking in the Health, Physical Education and Recreation pool during an Outdoor Venture Center class. Helping him are Aaron Wiseman, left facing, and Mark Vanderloo.



—Steve Houlton

Workshop Teaches Women to Make Time for Themselves

By Beth Warner

"There is nothing stopping you except you," Mary Kay Mueller told a group of more than 20 women at a workshop called "Taking Care of Me" on Nov. 18 in the Student Center.

The three-hour workshop was sponsored by the Women's Resource Center.

During the workshop, Mueller covered topics on attitude, assertiveness, happiness, success and varieties of genius.

Mueller said the session was "not just about taking care of me but of letting your light shine."

Mueller has led workshops for businesses, and she shared one of them that had an attendance of 40 CEO's.

She asked them how important attitude was to success. She said that on an average, the answer was 95 percent. Mueller also said that attitude was extremely important to physical healing.

During the course of the workshop participants were asked to break into small groups and to make a list of what constitutes a good attitude and what constitutes a bad attitude.

Elements to a good attitude that were listed included flexibility, having an open mind and using your power.

Bad attitudes were characterized by controlling behavior, whining, complaining, frowning, hopelessness and helplessness.

Participants were also asked to come up with "reasons that we run from happiness."

These reasons included, "feeling we don't deserve it, fear of getting it, and fear of losing it." Another reason was guilt characterized by the idea that "there is only so much happiness, and if I have this much, it takes from other people." Mueller countered this by saying there is unlimited happiness.

Mueller said that by changing the way one thinks, a person can change their life.

She used the analogy of a person's brain being like a computer. A computer, she said, will pick up on anything it is programmed to do. She urged the audience to "change your programming."

Mueller also stressed the importance of self-talk.

She said women are often bombarded with "shoulds," such as "I should look this way" and "I should act this way." Mueller said the shoulds come from many sources such as parents, teachers, spouses and the media. She said it is important to really evaluate whether shoulds are realistic. She said that when a woman talks to herself, instead of saying "I should" she should say "I want," because "I want" is an internal message.

Other suggestions for self-talk included changing the phrase "I can't" to "I haven't yet."

Mueller said a person shouldn't say, "He makes me sick," because in doing so one gives away power of feelings to the other person. Mueller said it is better to say, "I feel tired," rather than "I am tired," because the person isn't really tired, that's just what they are feeling at that moment.

She said it was important to omit the word *not* from self-talk and communication with others. She gave the example of one company, which posted the message, "Thou shall not steal," which met with some success. But another company had even greater success by posting the message, "Thank You for Your Honesty."

In another example, Mueller said a friend of hers told herself over and over, "I am not going to slip on the ice." When it came time to walk across the ice, she had such a clear picture of herself slipping from repeating the sentence over and over that she immediately slipped and fell. It is important for people to recognize their own gifts, Mueller said. She said there are eight areas of IQ, but since many are difficult to test for, they are often hard to recognize.

Two areas of genius that have been traditionally recognized are math and verbal genius. Six areas that have not been traditionally recognized are musical ability, spatial ability, kinesthetic, which involves touch and

•See Care, page 12•

McWilliams Gets Leadership Award for Work on Election

By Melissa G. Rice

Even several weeks after the student elections, winners continue to emerge.

In the latest instance, though, the winner wasn't a candidate, but someone whose work is being recognized for making the October elections successful.

Jen McWilliams was named the Student Leader of the Month for November by Student Organizations for Leadership Development.

McWilliams, a senior, serves as Chief Justice of the Student Court and was heavily involved in the recent student elections.

Tara Knudson, director of SOLD, said, "Jen was a big part of the recent success of student elections."

"She (McWilliams), along with Chief Administrative Officer Polly Fallin, helped to increase the promotion and awareness of the event, and the result was an increase in voter turnout."

McWilliams said she was happy about receiving the award but was "quite surprised," because the work on the election "was such a team effort." She said the entire Student Court helped with the election.

"Jen is organized and efficient and

calm in the face of conflict," Knudson said. "Senate elections sometimes cause pressure and stressful situations. Jen faced these with calm and objectivity." McWilliams is "very professional... a student leader who tries to do the best for all parties," Knudson said.

In addition to serving two years on the Student Court, McWilliams is a member of the Golden Key National Honor Society, Omicron Delta Kappa and Chi Omega. She works at the Outdoor Venture Center and teaches CPR and First Aid at the Red Cross.

"We have so many outstanding student leaders at UNO; this is our way of bringing them recognition," Knudson said. The award recognizes outstanding student leaders from among 100 organizations on campus. Nominations are solicited from staff members and organization leaders.

Winners receive a certificate, although Knudson said she'd like to be able to give award plaques. Once a semester, SOLD places a congratulatory advertisement in the *Gateway*.

"I wish we could do more to recognize and reward them," Knudson said.

INSIDE

A foreign exchange program is preparing for a trip to Indonesia.

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Several UNO students voice their opinions on the departure of "Calvin and Hobbes."

See story on page 6

A male form of hormone birth control is being tested around the world.

See story on page 6

Sports...

UNO Host Nation's
Largest College
Wrestling Meet

and...

It's one win and one
loss for the Mavs
Basketball teams.

See stories on pages 9 and 10

OPINIONS, EDITORIALS AND LETTERS

The Second Wave of the Beatle Invasion

"I read the news today, oh boy . . ." And what it said about popular culture is a bit disconcerting. That is if you subscribe to the notion of a popular culture defined in part by our mass consumption of entertainment and information.

I'm referring in particular to last week's other feast: "The Beatles Anthology." Both CD sales and television ratings for the three-part series of the same title composed numbers that 'sang' to media producers that all you need is, say, three of the defunct Fab Four—coupled with slick and massive use of the latest technology—to convince Americans to part with loads of leisure time and hard-earned cash.

If record sales and TV audiences reflect our cultural values and preoccupations, the diagnosis is that Americans still believe in yesterday. Last week we caught Beatlemania again, more than a quarter of a century after this contagion's first outbreak. Nielsen ratings showed that about 42 million of us watched ABC's first installment of "Anthology," making it the sixth-ranked show for the all-powerful "sweeps" week ending Sunday, Nov. 19.

Networks base advertising rates on the numbers in the viewing audience during ratings sweeps. Not so ironically, ABC said a "diverse" 47 million Americans tuned in to Part One. At the time of this writing, ratings for the subsequent installments were not available, but judging by the week's ensuing events and the buzz around water coolers all over the country, audiences could've been as large if not larger.

On the Tuesday following Part One of the television Anthology, the release of the CD "The Beatles Anthology I" broke the record for first-day sales. Capitol Records Spokesman Paul Freundlich said 450,000 copies were sold. He said "Anthology" (the CD, Part I) is on target to break the first-week sales record of 950,000 copies, set by the release of Pearl Jam's "vs." in 1993.

It seems inevitable this record will be broken (no pun intended) given the contin-

ued focus on the Beatles productions. By last Tuesday night when ABC aired its second installment, we'd been exposed to advertisements highlighting myriad facets of the Anthology. Nearly every day that week, ABC's "Nightline" and/or "Good Morning America" touted programs featuring everyone from Ringo talking about the Beatles to Meatloaf singing the Beatles.

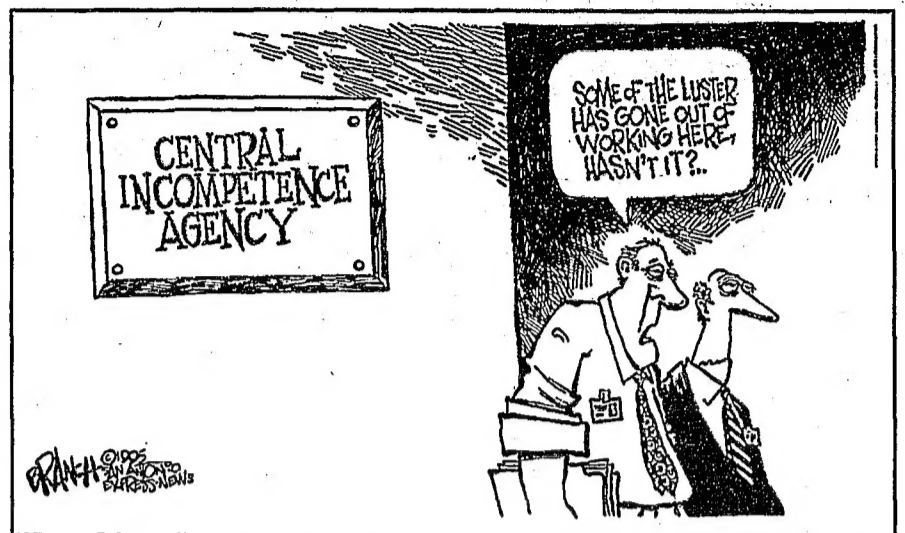
Best Buy continuously ran an advertisement in which mobs of screaming pseudo-60s fans pushed, shoved and swooned their way into the store to purchase the "Anthology" CD. The fervent voice-over in this frantic spot pitched, no doubt in some marketing genius' best rendition of a Liverpoolian accent, "The Beatles are gear! The Beatles are gear!" A banner with this same message hung over Best Buy's front door, reminiscent of those draped over stands during the Beatles' historic Shea Stadium concert in 1965.

I never did figure out what that message meant. Being only 8-months-old when the Lads from Liverpool played Shea, I figured it was a generational thing. But none my "Boomer" Buddies knew what it meant either. Maybe the folks at Homer's Records could help out. They thought a few spots highlighting the Anthology CD were worthy of what most assuredly amounted to exorbitant advertising rates. There are only a few things money can't buy and a place in a marketing blitzkrieg isn't one of them. Presumably, neither is that elusive "gear."

Speaking of consumption, who could forget the commercial for the Private Issue credit card, whose design inspiration was a painting by Ringo Starr? Three engaging Generation X types (could they be among that discrepant "diverse" five million ABC was talking about?) pondered the appropriate display for the original work about 15 seconds before deciding its unusual fate. I guess now that they have such cool plastic they can charge something really groovy, like, maybe Beatles

•See Kim, page 12•

Kim Balkovec
Columnist



Sticks and Stones May Break Her Bones, but Names Won't Change Her

She has been called everything from a crusader to a bitch. The mere mention of her name evokes a flood of emotions and attitudes, most likely from one extreme or another. She is none other than Hillary Rodham-Clinton, first lady of the United States.

Before her husband, Bill, was elected president of the United States, she was recognized as one of the top attorneys nationally and was a crusader long before she swept aside Barbara Bush and even Nancy Reagan's established facade of the first lady.

There are even some people out there who drive around in pickup trucks with bumper stickers reading, "Don't blame me, I didn't vote for her." But there are just as many who will say it's about time for a new kind of first lady.

A recent *Time* magazine cover story on Colin Powell described his reasons for refusing to run in the presidential elections and outlined his see-sawing between wanting to run and deciding not to. In an accompanying article, Powell's wife, Alma, was also featured and described.

Alma Powell was referred to as adoring, supportive, strong-willed and understanding. An equal partner in their relationship, Alma, also, is no Nancy. She was described as "whip smart" and "a warm, outgoing and attentive listener."

In comparison, many would say she has similar qualities and characteristics as Hillary Clinton, although the two are clearly individuals who are hardly carbon copies of each other.

But never have I heard Alma referred to as a "bitch."

What I am about to say is not a feminist complaint, whining, crying or even blasphemy. A person should be recognized and encouraged for their accomplishments, regardless of their gender.

All of you out there with your bumper stickers, do you really think Hillary is running the country? Come on, now. Let's get real.

What are you afraid of? Equal rights? Are you afraid that people will no longer be judged or discriminated by their race, gender or background? Are you afraid that "one of them" is going to take your job, your future or even your family's?

Whoever said that ignorance is bliss was really off the mark.

What's even better than having one person in the White House? Two: one who's running the show and another who is supporting him or her and doing more than baking cookies.

The roles and effects of the hard work of both Barbara Bush and Nancy Reagan were not meaningless and pointless. Both women made an impact on the lives of many Americans for the better. America is ready for a change.

Whether it be Hillary Rodham-Clinton or even Alma Powell, the name doesn't matter. What's really important is what they do, rather than who or what they are.

If a "bitch" is a person who goes in there and gets the job done, stands firm with his or her beliefs, and doesn't let the attitudes and discriminations of the past get in the way of the future, we could use a few more out there.

Marylynne Ziemba
Staff Editorial

Thanks for Near-Death Research Story

Dear Editor,

Thanks for publishing the story from the College Press Service, "Researchers to Study Near-Death Experiences" (Nov. 14), stating that two fellow researchers, Dr. Bruce Greyson and Dr. Ian Stevenson, of the University of Virginia were awarded \$250,000 over the next three years to study the healing effects of near-death experiences (NDEs) on heart attack patients at the

U. of Virginia Medical Center. This is but one of the many fascinating research projects involving NDEs going on all over the world.

Bruce Horacek
Gerontology professor
President, the International Association for Near-Death Studies

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1995 Award
Winning
Newspaper

Students Speak Way to Winners' Circle

More than 40 students recently competed in the 1995 Fall Public Speaking Contest sponsored by UNO's communication department.

The contestants made informative and persuasive speaking presentations and were judged by communication department faculty.

The first and second place winners received scholarships donated by UNO's Alumni Association and money awards of \$50 for first place and \$25 for second. All finalists received plaques donated by the UNO Forensics Team.

The winners are as follows:

Informative Speaking

First: Karen Goodrich

Second: Sally Lansdale

Third: Beth Borgenson

Finalists: Jason Cisler, Melissa Peterson and Shawn Haney

Persuasive Speaking

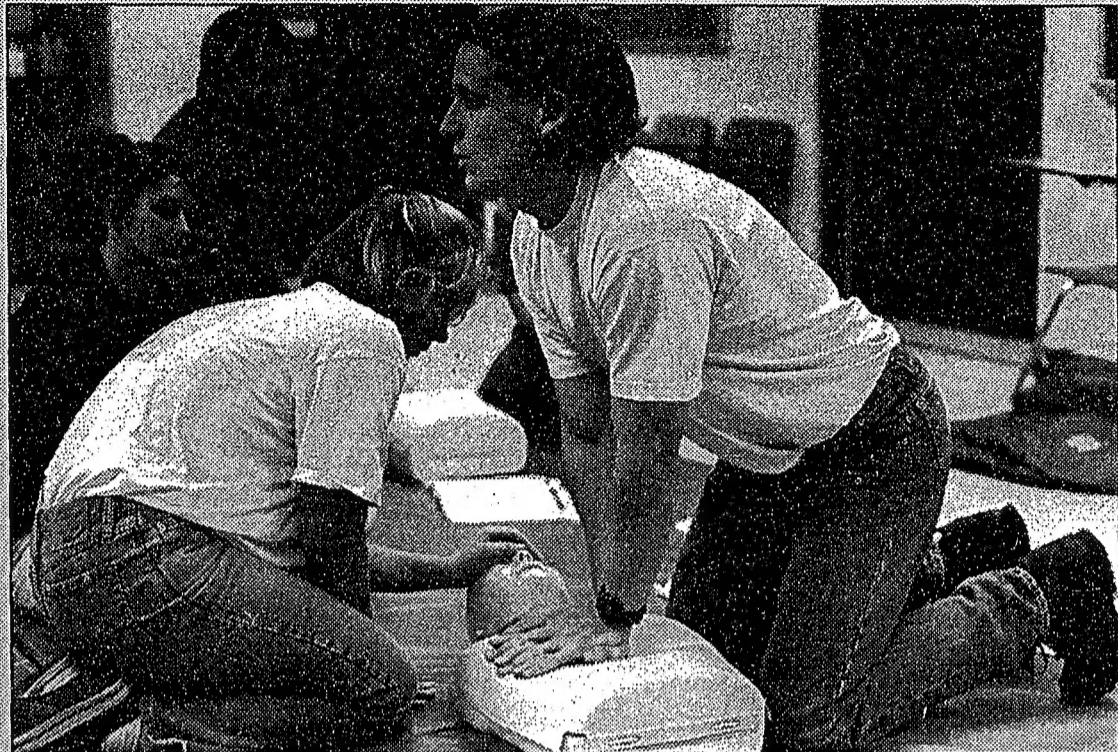
First: Jacy Feelhauser

Second: Jennifer Miller

Third: Robert Gall

Finalists: Anna Carpenter, Eli Black and Michael Poyner.

Learning How to Save Lives



Miles Giles, graduate assistant, instructs a lifeguard certification class on CPR while Mandy Hansen practices on the victim.

Steve Houtton

Writers Workshop Reading Details Marital Demise

By Beth Warner

Author Marly Swick read the story "The Still Point" from her collection of short stories "The Summer Before the Summer of Love" on Nov. 16 at Creighton University's Skutt Student Center.

The reading was part of the Missouri Valley Reading Series hosted by the UNO Writers Workshop and the Creighton English Department.

More than 100 people attended the reading.

The story "The Still Point" was written from the perspective of a woman married to a man called T. Rex, a man she described as having "a transcript even the FBI couldn't piece together."

The story chronicles the demise of their short marriage. The couple live in a trailer, she teaches school and T. Rex has a few short-term construction jobs. But he spends the majority of his time unemployed and

encountering a series of unfortunate circumstances.

Swick said, "Just as there are repeat offenders there are also repeat victims."

At one point in the story, Swick read, "Who in their right mind would take notice of three Maxwell House cans behind the trailer holding three half-dead marijuana plants?"

"We never did find out who turned us in," Swick read. As it turned out "it was just T. Rex who went off to jail."

Throughout the story, the woman has been composing a letter in her head to T. Rex, and the story is peppered with items from the letter in her head.

While T. Rex is in jail, the woman does some extensive soul searching.

At one point she sits down to look at old wedding photos. "My dad, who had paid for the whole affair, was probably thinking what a bad investment it had been," the woman

says about one of the photos.

After T. Rex is released on probation, his 15-year-old pregnant daughter, Nicole, shows up on the steps of their trailer. After some arguments as to whether T. Rex had mentioned Nicole's existence or whether she had slipped the woman's memory, it is decided that T. Rex will drive Nicole back to her mother's house. In doing so he breaks probation.

During the trip, T. Rex falls asleep at the wheel. Because of the accident, it is discovered he has broken probation and is returned to jail.

Finally, she writes her letter to T. Rex. After he receives it, he asks her to come visit him in jail. T. Rex, who has been meditating a great deal while in prison, brings up the subject of suffering. "You don't know what suffering is until you have been married to you," the woman says.

After the reading, Swick said she hoped her parents thought she had a good imagination.

Swick said she doesn't do a lot of readings, but when she does it's usually after a new book. Swick is also the author of "Monogamy," a collection of short stories, and she has a novel due out this summer called "Paper Wings."

Swick teaches creative writing at the University of Nebraska-Lincoln. She has a bachelor's from Stanford University, a master's degree from Mills College, a doctorate from American University and a master's of fine arts from the University of Iowa Writers Workshop.

Her work has appeared in *The Atlantic Monthly*, *California Quarterly*, *Redbook*, *Playgirl*, *Gettysburg Review*, *New England Living* and *The North American Review*.

Exchange Program Looking For a Few Good People

By Christine Mixan

Adventurous people who like to travel abroad may want to consider joining the force.

The Friendship Force is a private, non-profit organization and it creates environments where personal friendships can be established across the international barriers.

"I first heard about the organization from my sister in Des Moines, Iowa," said Gloria Armstrong, exchange director for the Friendship Force. "She hosted several people from Colombia who were visiting several years ago. I thought the program sounded like a wonderful experience."

The force, located in Omaha, is looking for people of all ages, sexes and races to join them in this year's cultural exchange and home-stay in Indonesia. Those travelling will depart March 4 and return March 19.

"This program may not be for everyone. The ambassadors who go need to be flexible," Armstrong said. "They will be staying with a host family for several days, so they definitely need to have a little adventure in their souls."

The Indonesia exchange will include home-stays of six days with two different families. Host families show the ambassadors their way of life, including interesting

aspects and sights of their country.

"Staying with a host family gives you a personable aspect of their country," said Rob Butler, an ambassador who recently came back from the Friendship Force's trip to Russia. "You can take a package tour anywhere, but that will show you nothing more than someone's slide show. You may as well be watching TV. But when you can take part in and experience what the people in that country are actually doing and experiencing, you can learn a whole lot more of what their lives are all about."

The total cost of the Indonesia trip is about \$1,900. The Friendship Force grants one or two scholarships from those who apply.

"Some of the things we were looking for in our scholarship recipient was financial need, if he or she would be a good representative of the American culture, and how he or she could contribute to the purpose of the Friendship Force," Armstrong said.

The force has various fund-raising events throughout the year to raise the scholarship money.

"We've sold River City Round-Up buttons, held auctions at our meetings, organized raffles; and some of the money comes from membership dues," Armstrong said. "We've

even had an anonymous donor contribute money the past several years."

The scholarship recipient for the trip to Indonesia is Lori Clarke, an English literature and creative writing major at UNO.

"I truly believe that our experiences make us who we are," Clarke said. "As a writer, I am always looking for new experiences to give me fresh new ideas for my work. I really think that other cultures have a lot to offer to anyone who takes the time to learn."

Armstrong said the force makes sure that those who travel with them take the time to learn about the country they will be visiting.

"A few weeks prior to leaving, we hold crash courses and workshops for anyone who is going on the trip to learn about the culture and the people of the place we're visiting," Armstrong said. "These courses are important because you never want to offend anyone. For example, I've already learned that in Indonesia you never touch anyone on their head, you never give anything with your left hand, and you never show the bottoms of your feet. These things may seem silly to us, but any one of these things could certainly offend them."

The force offers opportunities for unique experiences that many people would other-

wise never have, said Marilyn Zurek, the force's scholarship chairwoman.

"I can't name a favorite place that I've visited, because they are all so extraordinary," Zurek said. "But I do remember a specific incident in South Korea that I'll never forget. A group of us were hiking through a rain forest when it started to rain. We ended up being temporarily marooned on a farm near the forest until a tractor came to find us. When I look back, I admit it was a little scary, but it's definitely an experience I'm sure I'll never have again."

Zurek said learning about one another's cultures is a two-way street.

"The countries we visit learn as much from us as we do from them. I've found that people from other countries really want to know everything about Americans. They are quite curious and want to listen to anything and everything we have to tell."

Armstrong said force travellers usually discover that the people they visit are more alike than different from Americans.

"You come to learn that the people you meet are actually quite similar to us," Armstrong said. "We have the same goals; we all want the best for our friends and family

•See Force, page 12•

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ATTENTION: STUDENTS, STAFF, & FACULTY

The Osteoporosis Research Center at Creighton University is conducting a study to measure the effects of various doses of vitamin D in men.

Qualifications include:

- a healthy male, age 25 thru 35
- available for 2 test dates sometime during Jan., Feb., or March. Each test date will include an early morning visit to our department and another visit during the noon hour.
- willing to take a daily dose of vitamin D. (You will be assigned by chance to one of three doses).
- generally drink one pint (16 oz.) or less of milk/day (One carton = 8oz.).
- willing to limit alcohol intake for 5 days before each test date.

You will be paid a stipend of \$100 for completion of the study.

For more information and/or a brief interview (without commitment at this time), call: Susan Dowell, R.N., Ph.D. at 280-4847. If you get the answering machine, leave your name and number; your call will be returned within 48 hours. Thank you very much.



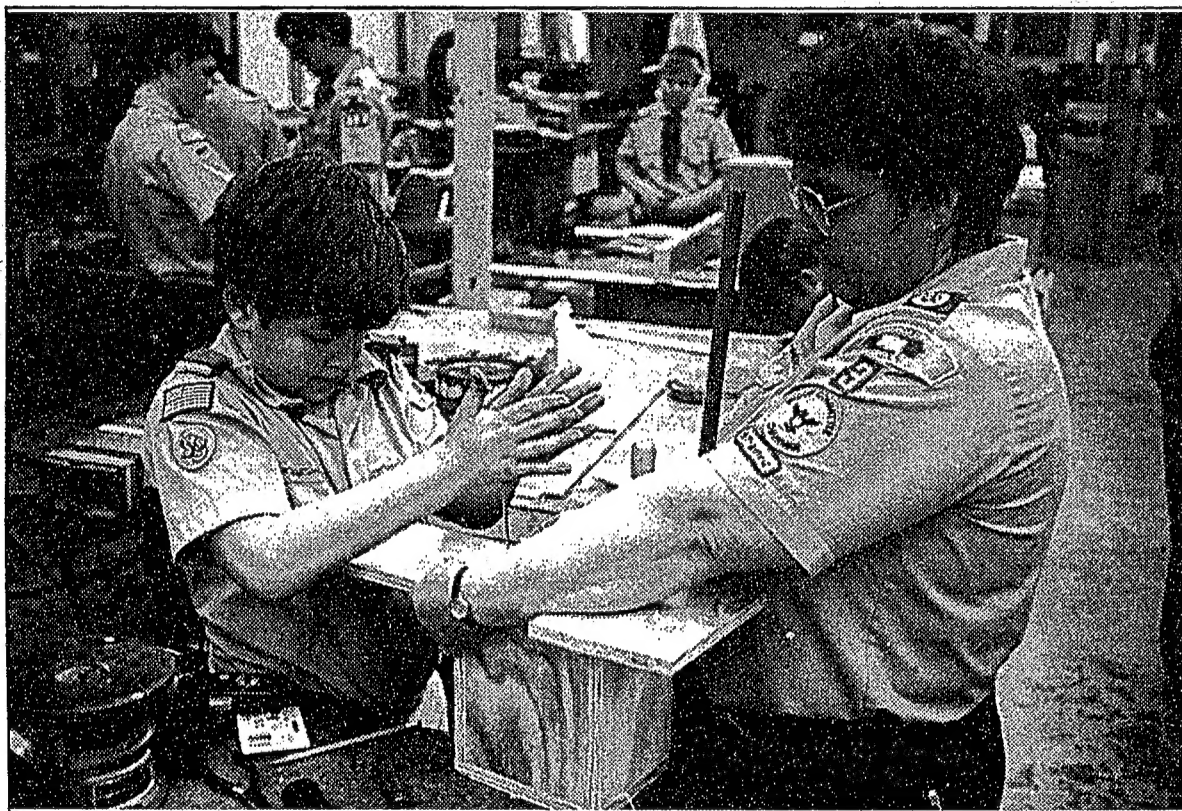
UNO Lends a Hand in...

The Making of a Boy Scout

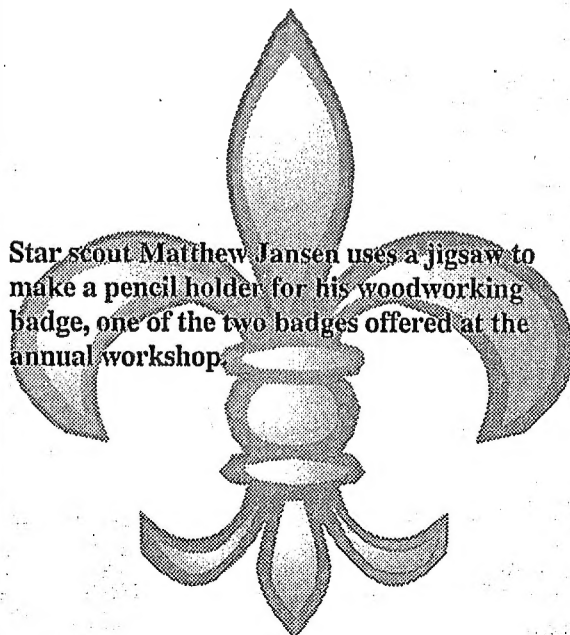
Life scout Brandon Brewer, pictured at right, makes a bird feeder for a metal-working badge at a merit badge workshop recently held in UNO's Engineering Building and Allwine Hall.



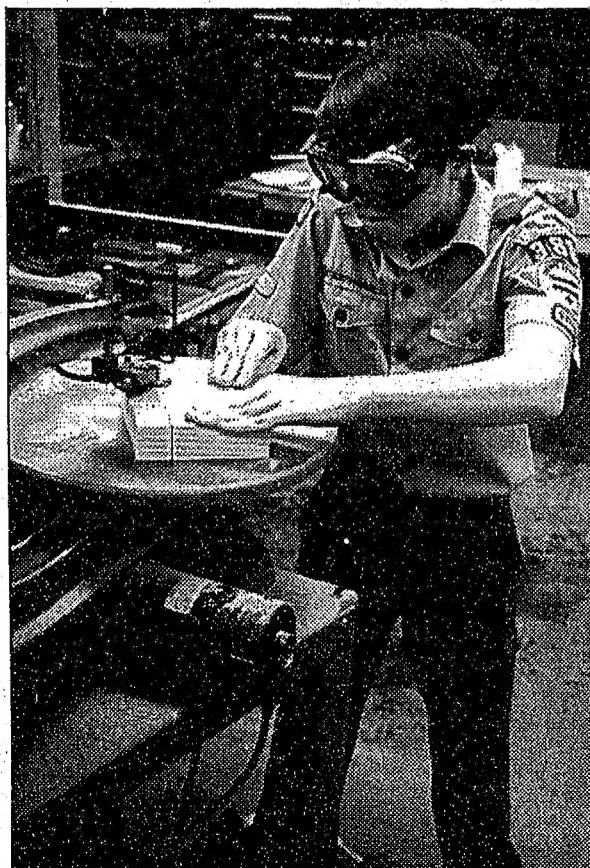
—photos by SR Kemper



New scout Michael McElroy, left, was one of 129 scouts who attended the workshop. Scout leader Marilyn Raymer assists him in building a box for his woodworking badge.



Star scout Matthew Jansen uses a jigsaw to make a pencil holder for his woodworking badge, one of the two badges offered at the annual workshop.



Adam said...

When was the last time you went to a buffet and took a peek at the old ladies in there? Wow. Talk about aging disgracefully. Next time you get a chance, take your girlfriend on a "just-before-paycheck" date and check out the women there.

Recently, I had the displeasure of watching what looked like the largest woman in the world having dinner at one buffet. Her hair was as white as a rabbit's — except for the streak of blue she had down the middle. And I don't think the teeth in her mouth were hers, if you know what I mean.

Despite all this, she still had on about a pound and a half of makeup. Just what exactly was she trying to hide? Makeup conceals a few things, but not 250 pounds and certainly not her lack of teeth.

Her hair? Yikes. The blue streak is probably there because she can't take the fact that her hair is white. She obviously tried to give it some color but failed miserably.

Makeup. How much does it cost? Where do you get it? How in the hell do you put that stuff on? Do you use a spatula? Paintbrush? Spray can?

Like I really want to know. The fact of the matter is that makeup, if enough is used in your later years, only makes you look like a clown. Besides, using makeup in your early years is most likely the reason that women age so poorly. It gets under the skin and eats away like a rat. Every time you put it on, it hides your skin from its natural surroundings: air.

Women are constantly worried about two things: wrinkles and gray hair. Wrinkles appear more easily with the use of makeup. It dries your skin and causes it to crack. No, I'm not saying we should all become Amish and drop the "makeup" thing. Hell, makeup can be a wonderful thing. All I'm saying is that when the smile and squint lines start to appear don't complain. Makeup probably caused it.

And what about hair? How many 90-year-old women out there believe that we think their hair color is still blonde? What's worse is that some poor old lady turned her hair blue.

Part of the reason your hair goes gray quicker than men's is because of the wonderful chemicals you put in it: color, dye, high-

THE WORLD ACCORDING TO Him & Her

The topic: Who handles aging more gracefully, men or women?

This feature contains the opinion of its authors and not necessarily those of the Gateway.

lights. No amount of Vidal Sassoon in the world can make your hair what it used to be.

All right then. Let's look at men in their golden years. Sure, we get a few wrinkles here and there, but for the most part we are still active until we are into our 80's. I know men who are more than 60-years-old who play basketball down at the YMCA. Their hair is gray and they're not as quick as they once were, but they can still run and jump and do all the necessary activities to play the game.

Just think about George Burns and Bob Hope. Burns was doing movies and stand-up until he was more than 80-years-old (he was also dating women in their 20's...) Bob Hope went to Desert Storm to put on a little show for the boys over there, and just how old is he?

Sure, we have our bad cases. Truck drivers weighing in at a hefty 389 pounds who don't even make it to their 50's. Politicians... need I say more?

And don't forget about all the men out there who color their hair, cover up their bald spots with one long strand of hair, and those who let themselves go.

But these numbers cannot ever compare with the innumerable women who paint their faces, paint their hair, and eat themselves into oblivion with bon-bons.

If you really want to keep the years a secret, there is only one way to do it: exercise and maintain a proper diet. If you don't believe me, go ahead and turn your hair blue right after your teeth fall out. Even if you're 30, at least going to movies and eating out will be cheaper for you.

Eve said...

When it all comes down to it, who handles aging better — men or women? There's no question about it: men do.

But what is even more important than the answer to the question "who?" is the answer to the question "why?" Why is it that men let nature run its course and aren't the ones who run out and dye their hair at the first sight of a strand of gray and suffer through eye lifts, face lifts and other plastic surgery? It's simple: because they don't have to.

For instance, turn on the TV on any given night during the national evening news. So what if Peter Jennings has a little gray. It makes him look more wise and experienced, right? But seated next to the "older and experienced" male anchor, not necessarily Peter Jennings, but any Joe Blow on the local news, is an overdone, painted woman, striving to look perpetually 25.

What happens once she starts sagging a little in the face, gets a few wrinkles and sprouts a couple of gray hairs? The next Barbie doll is hired to come in and take her place. The reason why women are so neurotic about their looks and about getting old is because they know that their impression on another person may be solely on the basis of what they look like. According to recent studies, employers will choose a thinner, more visually appealing candidate with the

same qualifications over the older or heavier applicant.


Take, for instance, Rush Limbaugh. There are many Americans who literally hang on every word and worship the existence of this overinflated ego. Chances are that if it was a woman who was graying, heavy and mismatched (as Limbaugh is on a good day), she would have literally been laughed off the air.

But when it comes to appearance, women are the worst about aging. On average, it would surprise many how much a woman spends each month on the beauty "essentials" such as makeup, hair styling aids, etc.

What does a man need? A bar of soap, a razor, some shaving cream and a toothbrush usually do the job.

Actually, I see nothing wrong with a person wanting to look presentable and wanting to take care of themselves. But to spend hundreds or even thousands of dollars to get frivolous plastic surgery or spending three hours every day working out to maintain a size 2 is simply ridiculous.

Unfortunately, for years and even generations to come, millions of men will spend millions of hours sitting and waiting for their wives, girlfriends, sisters, moms, etc. to finish getting ready. And they will hear them lie and say, "I'm coming down right away. Just one more second..."



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—Steve Houtton

Tests Prove Male Birth Control 98% Effective

By Marylynne Ziemba

In the 1960s, the female birth control pill helped set off a sexual revolution. The equivalent birth control for men, which is a series of testosterone injections, is not expected to do the same for sex in the '90s, since AIDS and an increase in the number of sexually transmitted diseases has abolished the carefree sexual practices of the past.

Dr. William J. Bremner, head of medicine at University of Washington and Chief of Medical Services at the Seattle VA Hospital, said regular doses of testosterone have been administered to male test subjects, yielding results with 3 to 3 1/2 percent failure rates. In large doses, the injected testosterone raises hormone blood levels enough so that the pituitary gland slows production of testosterone which, in turn, greatly slows and decreases sperm production.

"The idea is to use the injections to suppress the production of sperm and, at the same time, try to maintain the hormone levels in blood as close to normal as possible," Bremner said.

In a recent study completed by the World Health Organization of the United Nations, 357 men in nine countries received testosterone injections on a weekly basis. The results of this study yielded a slim 1.4 percent failure rate and chance that a woman would become pregnant in a year, with an absence of any additional forms of birth control being used.

In comparison, results of the tests using the testosterone injections have exhibited similar failure rates of the female birth control pill, which averages 3 percent failure rate and is more effective than condom use or spermicide use, which produces failure rates of 12 and 21 percent, respectively.

Bremner said that within six weeks and three to four months of stopping the injections, the sperm counts of the male test subjects returned to normal.

"It doesn't cause a failure for these men to return to a normal sperm count," he said. "I

have not heard of any cases where the men were not able to return to normal sperm production."

Widespread use and availability of this method is not in the near future.

Grace Robers, project nurse at the University of Nebraska Medical Center said there is nothing comparable to the testosterone injections currently being used as birth control. "If there was something, we would have heard about it and would be using it here," she said.

Dorothy Hisler of the division of communications management of the Food and Drug Administration said, "Nothing has been approved yet and there are not any applications for this method that are currently being considered."

Before FDA approval, which requires extensive testing and research, this male birth control shot has another hurdle to overcome.

"The time it takes to get this out into the public depends on catching the interest of a major pharmaceutical company, which wasn't happened yet," Bremner said. "I hesitate to even give a time-period, but, at best, it will be a minimum of five years, and maybe even longer, until we see this product available."

Side effects of the injections, especially when higher levels of testosterone are injected, include acne and weight gain. Although the weight gain for these men is "minor, hardly noticeable, and not bothersome to them," according to Bremner, the side effects are minimal and comparable to those of the female birth control pill, which also produces similar side effects.

The thought of injecting an 2-inch needle once a week and actually decreasing sperm production is enough to make some men think twice before plunging the needle into themselves to inject the testosterone. But, when considering the sideeffects of unplanned fatherhood, attitudes and preconceived fears seem to disappear.

Students Call Departure of Comic 'End of Era'

By Kate Kalamaja

No more taking spins in the toilet. No more taunting little Susie with snowballs or calling mom asking to talk to Hobbes.

That's right. No more Calvin. No more Hobbes.

Cartoonist Bill Watterson, of the comic strip "Calvin and Hobbes," decided to put his pen down for good after Dec. 31.

The comic strip features Calvin, a sneaky, intelligent and humorous little boy — physically, but intellectually he can be compared to an adult. The strip also features Hobbes, Calvin's mad-capped, pouncing and playful stuffed orange and black tiger who comes alive when Calvin and he are alone.

The strip is syndicated to more than 2,400 newspapers around the world, and Watterson has created a collection over the years of the strips in books.

The first book was titled "Calvin and Hobbes," then others followed such as "Something Under the Bed is Drooling," "Yukon Ho!" and "The Days are Just Packed."

A few students at UNO who are familiar with the strip called it the end of an era.

"This is bullshit," said sophomore Luke Edmundson. "We lost 'Far Side'... now we're losing 'Calvin and Hobbes,' and they leave us 'Family Circus.' What's that all about? Those kids should die."

Sophomore Chris Larson said, "The tiger was cool."

"The intelligent humor and realism of the cartoon will sorely be missed," said junior Lynette Roby.

When asked whether or not they'll miss the comic strip, not all students were aware the strip even existed.

"I never read 'Calvin and Hobbes,'" said junior Jake North.

Watterson announced the retirement of the strip earlier this month. The reason for the retirement, Watterson said, is burnout. One UNO student said he thinks the strip will eventually return.

"It's too bad," said senior LaRon Henderson, "He'll (Watterson) come back after he gets over his little burnout."

But others still don't know what they'll read while drinking that morning cup of coffee, or taking a break in the afternoon between classes.

"I'll miss the crazy antics, the tiger boy and the mad-cap humor," said junior Dave Swan.

Freshman Nick Jasa said, "I think it's kind of sad because his stuff's so good. We'll never be able to see it on cartoons or where it will truly be appreciated."

First Women's Studies Department Turns 25

By College Press Service

SAN DIEGO—When Carol Council was a 20-year-old student at San Diego State University, she asked her classmates: "Does anybody know someone on campus who's a feminist?"

"Everyone said, 'What's a feminist?'" recalls Council.

The year was 1968. Two years later—after countless demonstrations and brainstorming sessions—the first-ever women's studies department was founded at SDSU.

This fall marks the 25th anniversary of the department, now one of the largest in the nation. Born out of the feminist movement, it paved the way for today's more than 600 women's studies departments nationwide.

In honor of the anniversary, SDSU held a symposium Nov. 4 called "25 years of Women's Studies: Where Have We Been, Where Are We Going?" Among the nearly 300 participants was Council. For her, the day had special significance—the department was her brainchild.

"I had met some women and men at a conference in Reno on sex roles. We discussed everything about how women were being discriminated against in society. Then it sort of hit me like a bomb. I realized that it [discrimination] was across the board... the wage differential, job discrimination... economical, political, sociological."

"I decided on the way back in the car, I was going to find someone who would work with me on campus to pull it all together."

After knocking on a lot of doors, Council found a literature professor who shared her interest. Soon they were joined by a couple dozen other students, faculty and staff. "We created a 'rap group' [the discussion, not musical, kind]. That was the summer of '69, and we spent the three months of summer talking about issues. Then we decided we didn't want to just keep talking, we wanted to have a plan of action and a focus on higher education."

Although the administration was open to accommodating some women's studies courses, the group wanted more.

"We wanted to create something equal in status to other departments, not just a collection of courses. That's why the fight was so

long and hard. We could have compromised to accept professors from different departments teaching classes or doing independent studies, but, no, we held out. It had to have its own identity, own budget, own faculty, own curriculum approved, in perpetuity. We made a strong foundation to keep it going so strong."

They spent most of that school year fighting for their vision. Council recalls one instance when after hearing her presentation, an elderly man in the audience stood and said, "The hand that rocks the cradle shouldn't rock the boat."

But the women at SDSU did rock the boat. And their work was part of a larger crusade for women's rights.

"We had a lot of protests and demonstrations," says Council. "Every day we were creating a new leaflet or holding a rally where 2,000 people came. I had to learn to do public speaking. It consumed my whole life daily."

Ultimately, a vote by the faculty senate in 1970 led to the creation of the first-ever women's studies department.

But in some ways, the hardest work was just beginning. This was a new, unexplored field with very little in the way of publication and research. The SDSU group found themselves taking on the role of treasure hunters as they pulled together as much scholarly work as they could find. Council even had to teach one of the early courses herself.

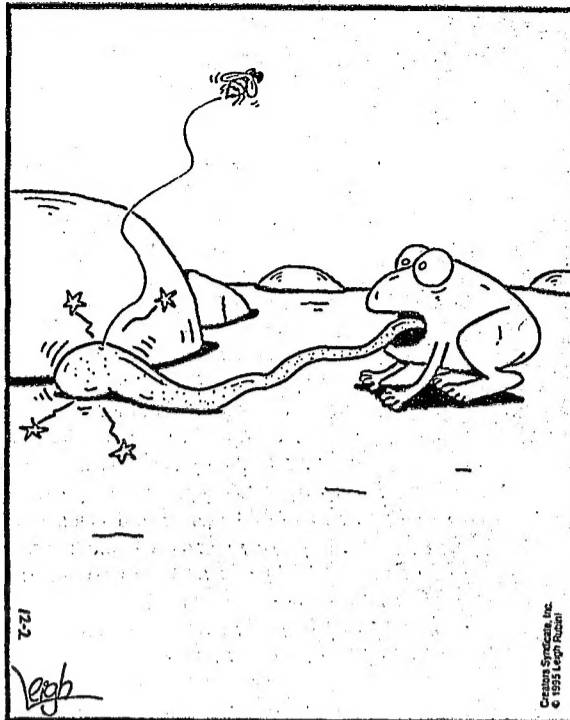
"When I started out, articles were pretty much only in the underground press," says Council. "When you'd contact someone, they would often send us a handwritten article. There were only a handful of books, which became our handbooks, our bibles; they really were sacred documents. Today it is such a rich and vast field of knowledge that none of us could be completely up to date on it now."

"Women's studies has grown larger and now has a firm place within universities," says Bonnie Zimmerman, SDSU Women's Studies department chair. "It has become considerably more scholarly as a result of 25 years of scholarship and research. It has also

•See Women, page 8•



Major defense-strategy blunders

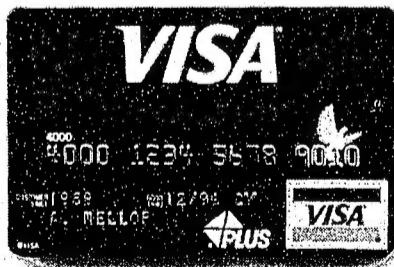


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•From Women, page 6•

become far more internationally and ethnically diverse."

But Council says some of the issues that women face have not changed. "We're still looking at a society in which there's male dominance, and we're harassed, treated as inferior, excluded from major decision-making bodies, such as Congress, and dealing with things like child care issues or corporate glass ceilings. There have been improvements certainly, there is a much higher degree of support and understanding. Twenty-five years ago, they just said, 'Oh, you are a bunch of men haters and ran away from us.'"

Zimmerman says some students still have that anti-male misconception about women's studies. "Sometimes they think this is going to be about male-bashing. That's not at all what it is about. It is a serious academic exploration of social, historical and cultural factors that shape gender in contemporary society."

Some men are discovering this firsthand. While many men now take women's studies courses as electives, some go even further. In 1994, Mark Miodus, 42, became the first SDSU man to graduate with a major in women's studies. Miodus had been an electrical engineering major (he ended up with a double major), but became fascinated with the program after taking a course called "The Socialization of Women" in order to fulfill a cross-cultural course requirement.

"I just got pulled into it," Miodus says. "When you take one course that's interesting, you want to take more. I found out a lot more about myself as a man by taking the class... I also learned a greater respect for every human. It wasn't localized to sex; it was all across the board."

Miodus, however, says the most important thing he learned from his women's studies courses is critical analysis.

"History is always written by the victors who want to

present history in the best possible light, so what you read is always a bit suspect. What women's studies does is take current history and literature and deconstruct them. The main thing is it gives you the analytical tools necessary to do that on your own."

In recent years, some aspects of women's issues have come under attack from within the ranks. For example, Camille Paglia, author of "Sexual Personae" has been accused of being "anti-woman" for her often acidic attacks on contemporary feminism and women's studies. Among other things, Paglia has accused feminists of getting off track when they tried to achieve liberation by distancing themselves from their sexuality instead of embracing it. She has fired shots at them for blaming white men for all their problems and for not appreciating beauty or aesthetics. She calls for a "massive reform" of women's studies.

Another naysayer, Christina Hoff Sommers, author of "Who Stole Feminism: How Women Have Betrayed Women," claims the leaders and theorists of the women's movement are trying to create a gender war.

When asked about Sommers, Zimmerman dismisses her, saying Sommers is not from within the profession (she teaches philosophy). But Zimmerman does acknowledge dissension within the field.

"There are serious critiques by those who are very respected in the field, and many points are just," she says. "In any discipline, there is a constant process of rethinking and reshaping. This isn't new. The only thing that's new is it has become a pop media event and even hit upon by some political forces."

For Council, today's women's studies programs are both a reward and a reminder of a dream that began 25 years ago.

"It was an exciting, thrilling goosebumps time," says Council "You know, a 'round-the-clock revolutionary sense of excitement that we were changing the world. But it was also new territory, and scary and facing the unknown—taking risks all the time. It was sort of like jumping into the fire when you didn't have time to weigh whether you wanted to do this or not. It wasn't easy, wasn't fun; it was just necessary."

First Male Women's Studies Grad Hopes to Earn Master's Degree

By College Press Service

All Mark Miodus wanted to do was fulfill a general education requirement.

So when the 42-year-old San Diego State University student walked into the first class period of his "Socialization of Women" course and noticed he was the only guy in the room, he wondered what he had gotten himself into.

"I chose the women's studies course because I thought it sounded more interesting than some of the other classes," he explains.

He acknowledges that at first, he felt that his presence created a little tension in the classroom. "But it would be the same as if you were in a Black studies class or Asian-American class, because unfortunately there is a stigma as far as the past goes, especially if you are white and male. There is a lot of bad history there. But I did not [feel tension] after the first few classes."

In fact, by the time Miodus completed the class, he had decided to make women's studies a second major. In 1994, he became the first SDSU man to graduate with a women's studies major.

Miodus says that he didn't just learn about women. He learned about men—and about himself.

"I found out there was a greater depth to myself than I ever imagined before. It's like a pie. At first all you see is the crust, but if you look under the crust, there's a lot more to the filling—a lot of ingredients. I never realized that before."

After spending years in the military and working as an electrical engineer, he found women's studies offered him a new skill that he never exercised fully in the past.

"The one main item that I have developed within myself is critical thinking or critical analysis. When reading, or what you hear and see on TV, you learn to not just take it for face value but to verify—is that all, or could there be

other explanations or possibilities? Now I am analyzing... I'm not going to go through life as a 110 percent coach potato!"

Miodus says he loved learning to apply these analytical skills in the classroom, especially when it came to literature and history. "For instance, we studied Yeoman who wrote 'Yellow Wallpaper' and Virginia Wolf... Women's studies explains the surroundings and what they had to do before they even started to write. They didn't have the same opportunities... with Yeoman, we touched into the depressions she suffered, which was horrible."

Miodus says the only problems he has encountered with women's studies were the misconceptions he faced outside of the department. He said both men and women were extremely surprised when he told them he majored in women's studies, often accusing him of everything from trying to meet women to being gay.

"They'd say I was just trying to pick up chicks. Well, that's the wrong place, the wrong, wrong place. If you want to do that, go to the beer parties or something. Or they'd say, 'Are you gay?', which is even crazier than hell. It shows they know very little about the gay context. Some would just say, 'Wasn't engineering enough?' or 'Didn't you have anything better to do with your time?'"

He also says he was tired of having to say, "No, they are not all men haters." In fact, he is quick to point out that most of his fellow classmates were involved with, or married to, men.

But none of that ever dissuaded Miodus. He even is hoping to come back to earn a master's degree in women's studies.

"It's not about feminization... it's about a different way of looking at life."

C.A.L.V.I.N. & H.O.B.B.E.S. On Fraternity Row

By College Press Service

LEWISBURG, Pa.—The comic strip may be off the funny pages, but C.A.L.V.I.N. & H.O.B.B.E.S. just arrived on fraternity row at Bucknell University.

When Bucknell senior Matt Bellace first came to campus, he discovered there wasn't much for a non-drinker to do on weekends.

"I'd hang out with my friends until 11 p.m., then they'd leave and go drinking," he says.

Out of boredom comes inspiration.

During Bellace's sophomore year, he created C.A.L.V.I.N. and H.O.B.B.E.S., a student group dedicated to creating fun, alcohol-free stuff to do on campus each weekend—without the 12-step program and group hugs.

C&H has gone from a dozen members in 1993 to 55 active members in 1995. This year, C&H scored their own house on fraternity row, when a frat lost its charter and had to vacate after racking up too many drug- and alcohol-related violations. Twenty-three students now live in the house.

"It was the biggest druggie house. Yah," Bellace laughs, "it's very ironic we are here."

Members of the group pledge to keep their house and their activities alcohol- and drug-free. "We plan and sponsor everything from late-night bowling to a less popular D.J. dance," says Bellace.

Less popular? "Everyone knows what to do when you go bowling, but not when you're just hanging out at a dance," he explains.

Especially without alcohol—liquid courage.

So, what if people show up drunk to a C.A.L.V.I.N. event?

"We ask them to leave," says Bellace. What if people bring booze? "We keep it for them until they are ready to leave."

The name C.A.L.V.I.N. and H.O.B.B.E.S. sprung up from desperation, explains Bellace. "We needed a name, and I used a poster with Calvin and Hobbes to advertise the first meeting so..." he says.

Now the C&H acronym stands for: creating a lively, valuable, ingenious new habit of being at Bucknell and enjoying sobriety.

"It just flowed out of me," Bellace said.

UC Students Hungry To Change Affirmative Action

By College Press Service

IRVINE, Calif.—After 16 days of no food, drinking only water, Gatorade and little else, student hunger-strikers at the University of California-Irvine campus ended their protest Nov. 1, calling it a moral victory.

The four Hispanic students from University of California-Irvine, along with one student from Claremont College, went on a hunger strike to protest the UC's Regents July 20 decision to dump affirmative action practices from the University of California system.

The students began their strike on Oct. 16. Originally strikers had worked out an agreement with campus officials that allowed them to camp out in tents on campus for 10 days as long as they ended their protest at midnight Oct. 27. The students also consented to be monitored twice daily by student health workers.

When the hunger-strikers continued past their deadline, they were arrested for failing to obey a police order. After they were arrested, students ended the strike and were able to leave jail on their own power.

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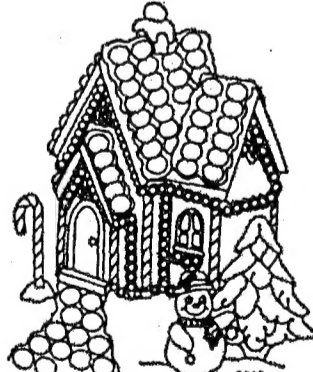
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UNO Hosts Kaufman-Brand Open

By Dave Mollner

With about 500 wrestlers packed into the UNO Fieldhouse, the Ryan Kaufman-Glen Brand Open held its weight Nov. 18 as the largest single-day collegiate wrestling meet in the nation. And for UNO's defending 167-pound National Champion Raphael Kizsee, he left a resounding message on the mat for his competition.

This Maverick focused to repeat as king of the hill in 1996.

Kizsee was named the tournament's outstanding wrestler in the open division after taking down North Dakota's James Kisgen 3-1 in the championship match. Another Maverick wrestler gaining honors at the meet was returning All-American Pat Kelley III at 190 pounds, who had the most falls in the least amount of time pinning three opponents in 11:10.

The meet drew some of the best NCAA, NAIA and junior-college wrestling programs together from 30 different schools to battle in more than 1,000 matches. Six Division I programs — Iowa, Iowa State, Minnesota, Nebraska, Northern Iowa and Wyoming — grappled with smaller programs such as Division II's four-time defending national champion, Central Oklahoma, and last year's runner-up, UNO.

"There are some other Division I schools in here and some really tough All-Americans," University of Minnesota Head Coach J. Robinson said. "So the Kaufman is really important to see where we are at this point. We come here every year for just that reason."

The non-scoring open meet is in memory of former UNO All-American and National Champion Ryan Kaufman, who was killed in a 1991 automobile accident. He was an assistant under UNO Head Coach Mike Denney at the time of his death.

"Our team dedicated that season to Ryan by wearing T-shirts under their uniforms," said Denney, the two-time Division II Coach of the Year now in his 16th season at UNO. "We went on to win the national championship that year and changed the name of our tournament (from the UNO Open)."

With a tournament this size, each weight class has two divisions — an open division for wrestlers 21 and over and another for ages 20 and under. Any wrestler at least age 18 can enter the Kaufman-Brand open and doesn't need to be a college student to compete.

The meet, which was founded by Denney back in 1980, was designed to give everyone the opportunity to wrestle. Even wrestlers 10 years removed from collegiate competition still strap on the gear to take a shot at the younger guys.

As the start of the regular season gets closer, wrestlers approach the Kaufman-Brand Open as an opportunity for serious competition.

"We use this meet to gain as much quality mat time as possible for both our reserve guys and our varsity wrestlers as well," Iowa State Head Coach Bobby Douglas said. "There's some quality people who come to this tournament, and we'll be making the Kaufman Open a part of our regular schedule."

When hosting a meet with

12 wrestling mats going at one time, Denney said, he's fortunate to have the help of more than 100 volunteers to make it a success.

"We're lucky to have the kids from schools like Millard South and Boystown to run the tables," Denney said about the score keepers and timers working the matches. "We even had one woman drive all the way from Mis-

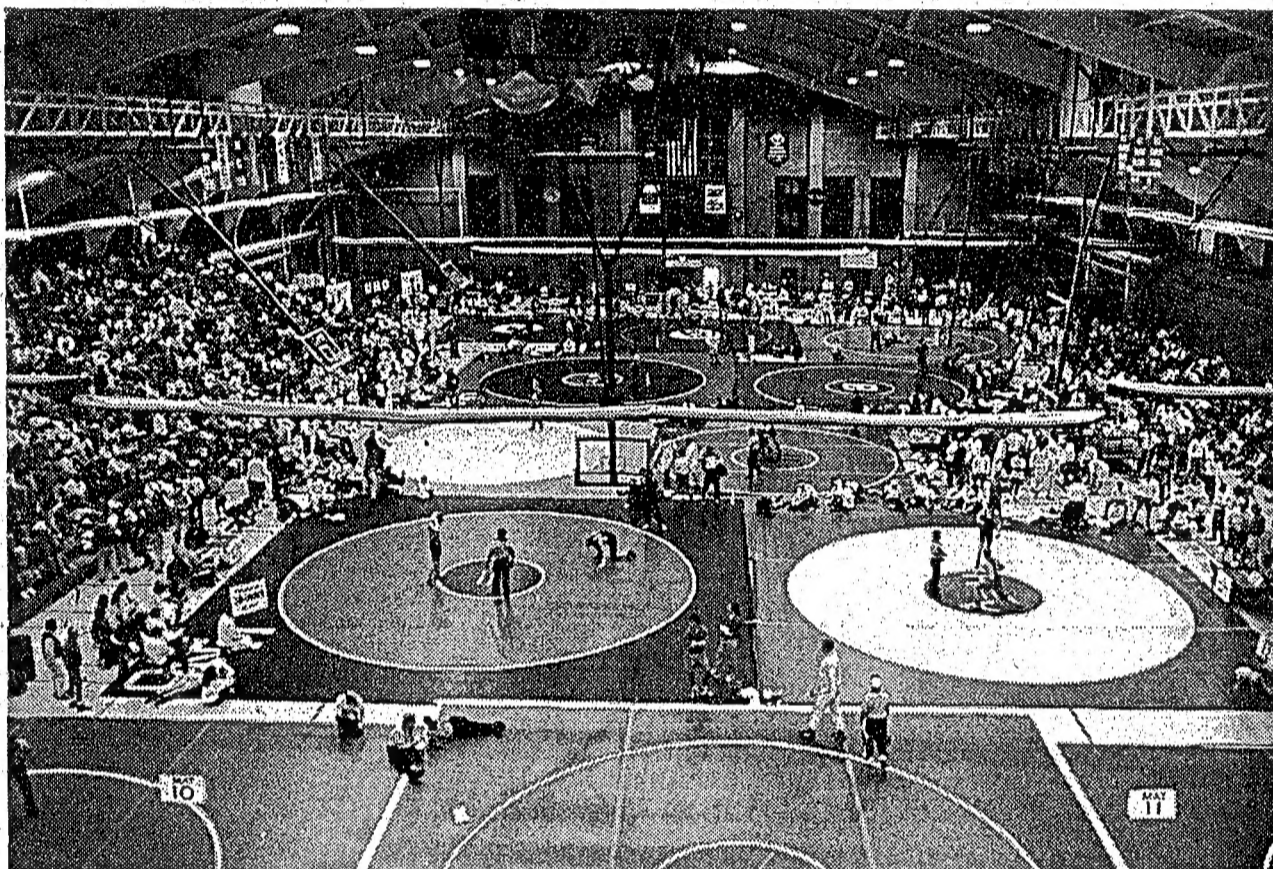
souri for nothing just to help us all day. It's really great to see this kind of support out here."

Mavs Place Finishers at the Kaufman-Brand Open:

Open Division —126 pounds Tony Johnson 5th; 158 pounds Dan Lovell 3rd; 167 pounds Raphael Kizsee 1st; 177 pounds

Corry Royal 6th; 190 pounds Pat Kelley III 4th; heavyweight Wade Kroeze 5th.

20 and under —126 pounds Brauman Creighton 1st, Ryan Isaacson 4th; 142 pounds Boyce Voorhees 2nd; 150 pounds Chris Blair 1st; 158 pounds Phil Smart 6th; 190 pounds Chris Sidzyk 5th.



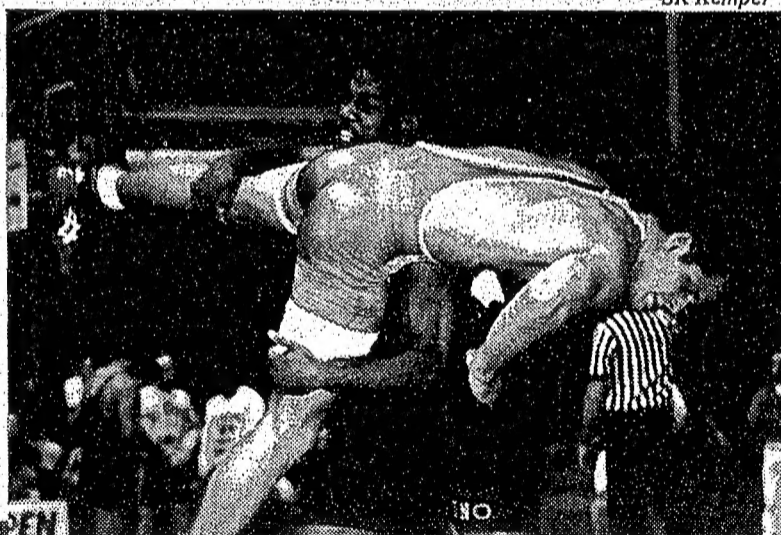
—SR Kemper

The Ryan Kaufman-Glen Brand Open, pictured above, is the largest single-day collegiate wrestling meet in the nation.

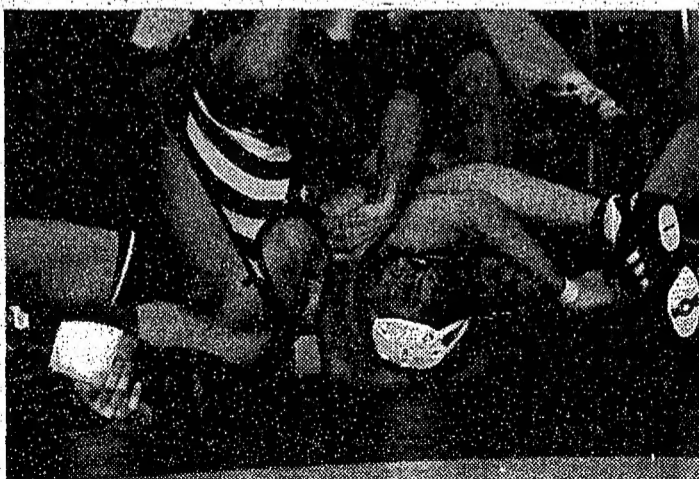
UNO's 167-pound defending national champion Raphael Kizsee, facing in picture at right, finishes a double-leg takedown against Northern Iowa's Brad Bezmon. Kizsee was named the meet's outstanding wrestler.

UNO's Brauman Creighton, left in bottom right photo, locks up with Will Thompsen of Iowa Central College.

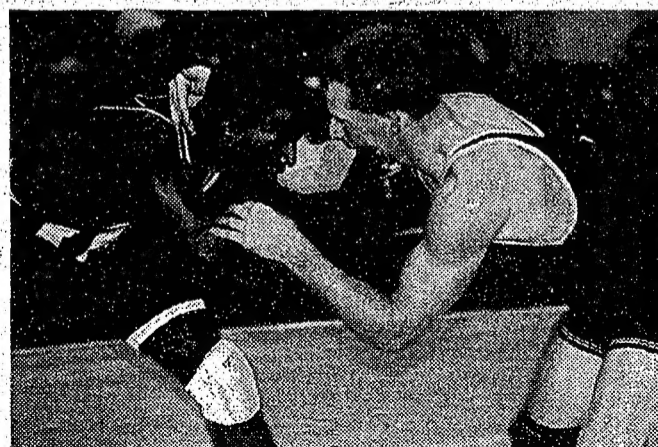
UNO's Pat Smart, below, cradles Dakota Wesleyan's Mike Schieb in quarterfinal action.



—Dave Mollner



—Dave Mollner



—Steve Houlton

Unsink Free Throws Sink Mavs

By Tony Reinke

The UNO Fieldhouse has haunted the men's basketball team at the free-throw line so far this season.

The Mavericks failed to convert on 13 free throws in a seven-point loss to Doane College and failed on 11 attempts in a nine-point loss to the University of Nebraska at Kearney.

"We have been getting to the line, which is what we want to do," Head Coach Kevin Lehman said. "But we haven't executed."

From the free-throw line, UNO is shooting 56 percent compared with its opponents' 71 percent in the Fieldhouse.

Facing Doane on Tuesday, UNO took a slim 34-35 deficit into the locker room. Behind center Chris Dahl's 21 points, the Tigers distanced their lead throughout the second half. Guards Shadric Thomas and Richard Jones led UNO with 15 points apiece.

About 66 percent of the Mavs' points came from the guard position.

"We want people to guard our post players," Lehman said. "We may not decide to go inside, but teams will have to guard against it."

In their 83-74 loss to undefeated Kearney on Saturday, forwards Derrick Bogay and James Miller combined for 34 points. Bogay scored 10 points in the first four minutes to give UNO a 12-7 lead.

"He is very talented," Lehman said of Bogay who averaged six points going into the game. "We told him to concentrate on rebounding and defense and the scoring will come. He was much more focused."

Despite the efforts of Bogay, the Lopers battled to a one-point halftime lead. Mike Hancock, UNK's leading scorer, was held scoreless by the Mav defense in the first half.

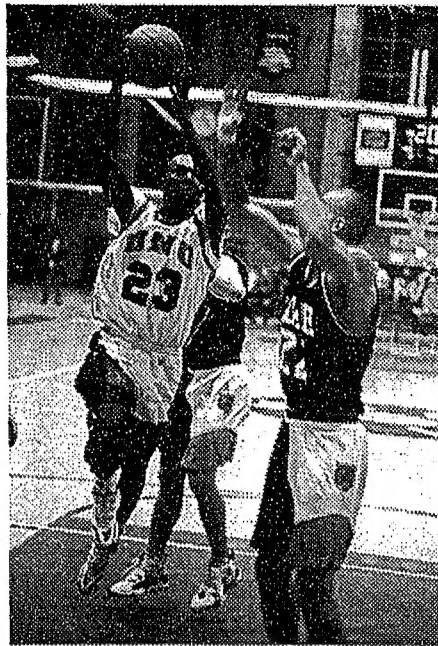
The Lopers' slim lead into the second half grew until they commanded a 78-70 lead with one minute remaining.

"I think that our mental concentration is not as high as I would like it to be," Lehman said of his 1-2 Mavs. "The team is more worried about themselves rather than the team, and we are trying to get over that hump. We're not dead yet, we still have a pulse."

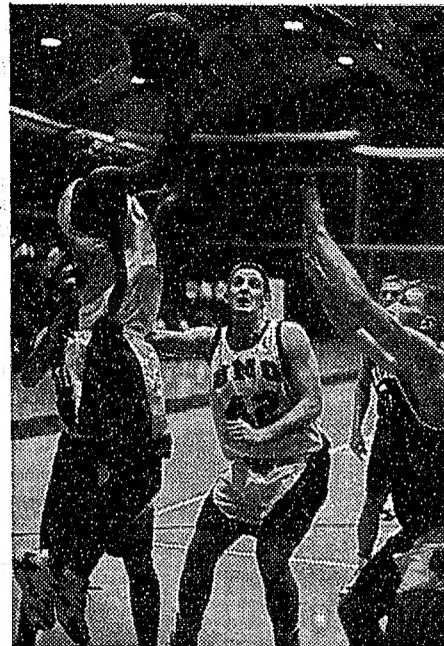
The Mavericks face Creighton University on Thursday at the Civic Auditorium. Tip-off is at 7 p.m.

Team notes:

* This past week in the Fieldhouse, sophomore Shadric Thomas proved to be the team's leader. The 6-foot-3 guard led UNO with 29 points in the two games and added nine rebounds. He shot 67 percent (12 of 18), including four three-pointers.



UNO's Charles Box, left, scores his lone bucket over Doane's Mark Madison



—photos by SR Kemper

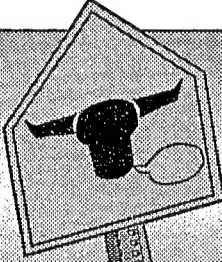
UNO's Richard Jones, left, scores two of his 15 points as Tim Burrell looks on.

In the Mavs' loss to Kearney, Thomas scored with six minutes remaining to bring UNO within three points. On the Lopers' following drive his steal sparked another Maverick basket, but UNO failed to catch

up in the final minutes.

Thomas, a native of Chicago, Ill., averages 13.6 points per game.

* UNO returns to the Fieldhouse Dec. 2 to face Dana College at 2 p.m.



TALKING BULL

with Sparky the sports guru
—alias Dave Mollner

Tournament Proves UNO Wrestling is First Class

The stage resembled something out of the Roman Empire era.

An arena covered with wall-to-wall wrestling mats for the gladiators to do battle until only one was left standing. The champion was then crowned by Caesar before a crowd of spectators chanting a version of the rock group Queen's "We Are The Champions."

The play I'm referring to was the 1995 edition of the Ryan Kaufman-Glen Brand Open. When nearly 500 wrestlers from around the nation shot into action in the UNO Fieldhouse, the nation's largest single-day wrestling tournament was officially under way. Before it was all said and done, more than 1,000 matches were grinded out on 12 different wrestling mats.

But the unique part of this meet is that there's no team scoring, no NCAA divisional bias (Division I, II, NAIA and junior college) and no age limit. There are two separate divisions — one for the younger guys just out of high school and another for the wrestlers who thought there wasn't life after college, except at the Olympic level.

The battle scars of the veterans who have rolled around in the Kaufman-Brand Open before was apparent on the mats. Instead of medals or ribbons pinned onto their armor, their cauliflower ears tell the tale of past battles. Since the meet was an open and not an invitational, no head gear was required. Anyone age 18 and older could scrap it out with the current collegiate studs. And wrestlers didn't even need to be in college in order to compete.

But when you take a look behind the stage curtain at what it takes to put on a show of this size, it's the volunteers who are the unsung heroes.

UNO Head Coach Mike Denney recruits more than 100 local volunteers to run the scoring tables, keep match times and post match results. He even has his own wrestlers drive to Omaha high schools to pick up the wrestling mats, load up the van and haul them back to the Fieldhouse. One woman even drove up from Missouri to help out tournament matchmaker Jim Bayly at her own expense, and she vows to come back next year.

There's something about the sport of wrestling that separates it from the rest of the sporting world. For starters, the athletes are probably some of the most dedicated anywhere. I don't know too many people who'll starve themselves for three or four days, lose 12 pounds and work out like an animal in rain forest-like conditions.

Then there's the parents. Just watching them in the stands almost wears you out. The excitement they add to a meet such as the Kaufman-Brand Open stems back to their days of sitting at little league tournaments every Saturday from sunup to sun down like clockwork. To help pass time in between their children's matches, they can produce four or five good quilts in a single wrestling season.

They, too, are dedicated people.

The Ryan Kaufman-Glen Brand Open is a direct reflection of the people who donate their time and effort to make the largest, single-day collegiate wrestling tournament in the nation possible.

The quality of people associated with UNO wrestling is evident and their tournament proves they're second to none.

Womens' B-Ball Team Rebounds on the Road

By Tony Reinke

After losing their first two games of the season in Marshall, Minn., the Lady Mavs found solace in Colorado, and the outcome was much different. UNO defeated Metro State 80-74 and Denver University 71-51 last week, moving to 2-2 on the season.

"We have had a difficult schedule," Mankenberg said. "Starting the season on the road against top competition is tough."

During an unpleasant stay in Minnesota, the Lady Mavs hit on just 35 percent of their shot attempts in a 75-62 loss to Northern State and lost to Southwest State by three points. Mankenberg said she's seen a complete turnaround from the first two games and their last two victories.

"We have several players that make our nucleus of the team," Head Coach Cherri Mankenberg said. "We have great help with our bench and Cathy Mauer can do so many things."

Stacie Kaiser has played every position and scored 12 points with eight rebounds against Denver.

"She is a backbone player," Mankenberg said about Kaiser. "She just wants to play."

Although there were several offensive performances by the Lady Mavs, one stands out. Amy Loth, a junior guard, scored 31 points in the two games. Loth averaged 14.3 points in each of the four games. She added 10 steals, one of the team's strengths of the week. Senior Michelle Spetman added 13 steals as UNO forced a total of 38 turnovers.

"I feel good about our defense," Mankenberg said. "We learned a lot on the road and the players have more confidence in themselves."

The Lady Mavs tip off their home season riding a current two-game winning streak at the Cox 02/TV classic Dec. 1-2 in the Fieldhouse. The three opponents UNO will face are Minnesota-Duluth, Northwest Missouri and Wayne State.

Sparky Needs You!

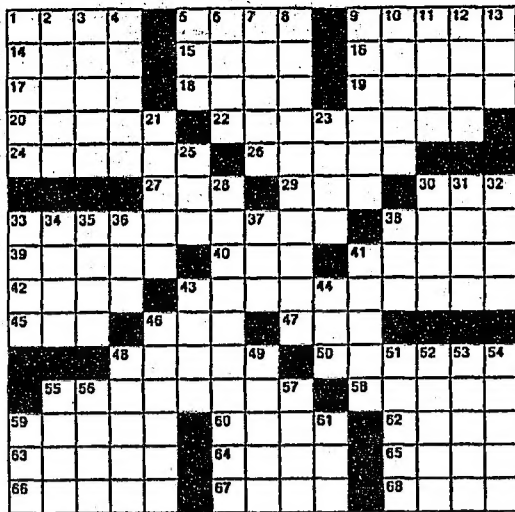
Sparky, the sports guru, is now taking applications for spring semester sports writers.

If you think you have what it takes to be one of Sparky's side kicks, come to the Gateway, Annex 26 and fill out an application.



THE Crossword

- ACROSS**
- Destiny
 - Dogpatch creator
 - Enlarges
 - Ajar
 - In mid-Atlantic
 - Web-footed mammal
 - Intent
 - Drilling tools
 - Injections
 - Cornered
 - Meetings
 - Sound system
 - Angers
 - Mao — lung
 - Flower's need
 - So, that's ill
 - Entrant
 - Prayer ending
 - Lend — (listen)
 - Timetable abbr.
 - Decorate
 - Dread
 - "Camille" star
 - Superlative suffix
 - Convert into leather
 - Historic time
 - Examination of records
 - Neckpieces
 - Mob member
 - Writer Zola
 - Acting
 - Eye part
 - "L. —" (TV show)
 - Palmer of golf
 - Old Italian city
 - Loathe
 - Doted out
 - Observed
 - Made an excellent grade
- DOWN**
- Garrisons
 - To pieces
 - Wigwam kin
 - Come in
 - Taxi
 - Condition of sale
 - Jennings or Falk
 - Intense



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ANSWERS

| | | | |
|-----------------------------|--------------------------|-------------------|-----------------------|
| 1. Destiny | 9. More optimistic | 49. Succinct | 55. Skirt insert |
| 2. Dogpatch creator | 10. Culture of a people | 51. Nebraska city | 56. Stangy negative |
| 3. Enlarges | 11. Like — of bricks | 52. Spring flower | 57. Ceremony |
| 4. Ajar | 12. Shea team | 53. Gladden | 59. Weir |
| 5. In mid-Atlantic | 13. Certain | 54. Made clothing | 61. Legislator: abbr. |
| 6. Web-footed mammal | 14. Discourage | | |
| 7. Intent | 15. Blind part | | |
| 8. Drilling tools | 16. WW II group | | |
| 9. Injections | 17. Endless times | | |
| 10. Cornered | 18. Love god | | |
| 11. Meetings | 19. Plant | | |
| 12. Sound system | 20. — Domini | | |
| 13. Angers | 21. Bistro | | |
| 14. Mao — lung | 22. Individuals | | |
| 15. Flower's need | 23. Trim | | |
| 16. So, that's ill | 24. Sailor | | |
| 17. Entrant | 25. Dined | | |
| 18. Prayer ending | 26. Oklahoma city | | |
| 19. Lend — (listen) | 27. Marble | | |
| 20. Timetable abbr. | 28. Filts about | | |
| 21. Decorate | 29. — longa, vita brevis | | |
| 22. Dread | 30. Pulled | | |
| 23. "Camille" star | 31. — Get Your Gun | | |
| 24. Superlative suffix | | | |
| 25. Convert into leather | | | |
| 26. Historic time | | | |
| 27. Examination of records | | | |
| 28. Neckpieces | | | |
| 29. Mob member | | | |
| 30. Writer Zola | | | |
| 31. Acting | | | |
| 32. Eye part | | | |
| 33. "L. —" (TV show) | | | |
| 34. Palmer of golf | | | |
| 35. Old Italian city | | | |
| 36. Loathe | | | |
| 37. Doted out | | | |
| 38. Observed | | | |
| 39. Made an excellent grade | | | |

UNC Shooter Found To Be Insane

By College Press Service

HILLSBOROUGH, N.C.—A University of North Carolina law school student who killed two people and injured five others on a shooting rampage near campus last January has been found innocent of all charges due to insanity.

After one day of deliberation, the jury found that Wendell Williamson was not functioning at a mentally sufficient level to be held responsible for the shootings.

Attorneys for Williamson successfully argued that their client believed he was telepathic and that he began shooting to show others that he could read minds.

"This is a case about mental illness," said defense attorney Kirk Osborne in his closing arguments. "There's no motive here—no motive outside his delusion."

Prosecutors, however, argued that Williamson's statements to the police after the incident revealed that he was aware of his actions.

Williamson was charged with 10 counts of assault with the intent to kill, two counts of first-degree murder, two counts of shooting into a vehicle and one count of assault with a deadly weapon. He was cleared of all charges.

On Jan. 26, Williamson began firing 10 to 15 rounds from a semi-automatic M-1 while walking in downtown Chapel Hill. Williamson killed 42-year-old Ralph Walker, a Chapel Hill resident, and 20-year-old Kevin Reichardt, a UNC lacrosse player.

When police arrived on the scene, Williamson began firing and shot three other residents and an officer. He was finally brought down by William Leone, owner of Tammany Hall, a popular student bar. The former marine was shot in the shoulder while trying to restrain the UNC law student.

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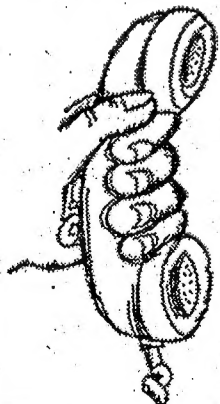
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|---|---|--|---|--|

UNO INFORMATION PHONES



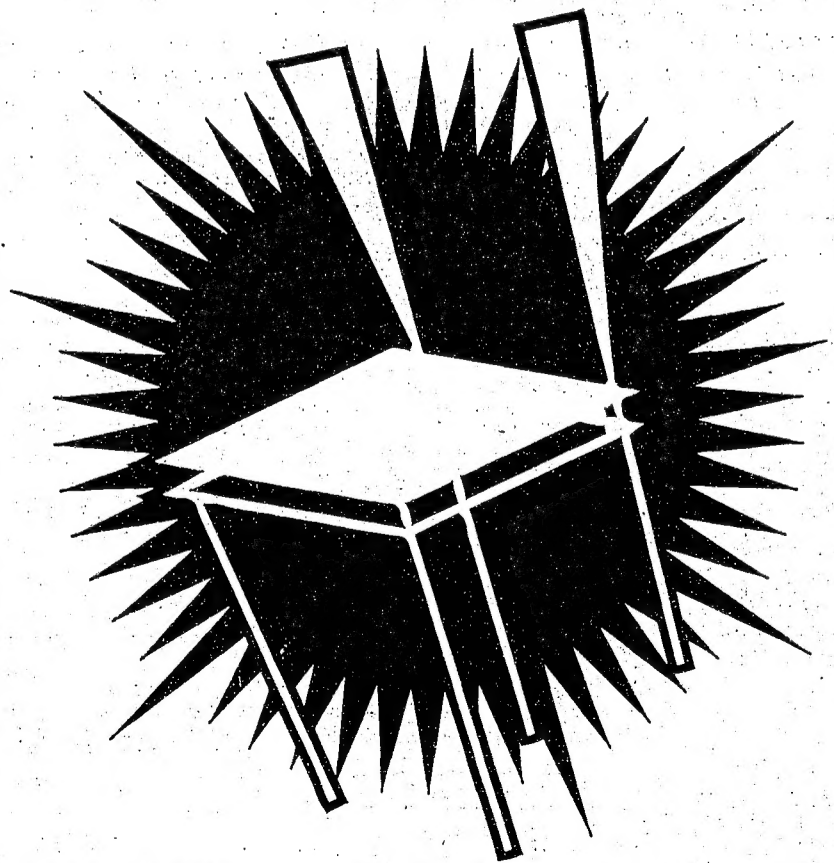
- Campus Security
- Faculty & Staff locations
- Campus phone numbers
- General information

For your safety and convenience there is at least one CAMPUS PHONE in each major building.

* The information operator is ready to assist you. You can also stop by the information window in Eppley Administration Building for information, free notary services, schedules, brochures, etc.

* You can also call 911 or Campus Security (554-2648 or 554-2911) from 33 campus pay phones **FREE**.

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•From Women, page 1•

movement, interpersonal, which is one's relationship with one's self, and interpersonal, which involves relationships with others and sense of humor.

Mueller encouraged participants to start a journal and keep writing in it after the workshop. She said it is very beneficial because journaling gets people to zero in on what they want and how they feel.

Participants were given a packet to take home with them after the workshop. The packet included suggestions on journaling, a list of suggested readings and a "vocabulary list for redefining happiness."

•From Force, page 3•

and want to find happiness in life."

Armstrong said that the time spent with the host family during the trip is invaluable.

"It doesn't take long to get to know someone and really get close to them. The time I spent with the families I stayed with is probably more time than I would spend with my best friend here at home."

Butler said the food from his visit in Russia was among one of the experiences he will never forget.

"The food was pretty difficult to digest at

first. They put this really heavy cream in everything they ate. Of course I had to accept everything my host family offered me because I didn't want to insult them," Butler said. "I ate it whether I liked it or not. I did, however, make a point to get to a McDonalds when I could. Unfortunately, I was only able to get to one about three or four times in the two weeks that I was there."

Jo Corey, president-elect of the Friendship Force, said that visiting a foreign country helps Americans to better understand the conditions that a country is in.

"Sometimes we tend to read things in the newspaper about other countries and readily criticize them for the poor conditions they might be in or the wars that they are involved in," Corey said. "But when you spend time with the people from these other countries, you begin to understand why such crises might occur. You have a totally different perspective. You may not be excusing their actions, but you can at least begin to understand them."

Butler said there is one piece of advice that everyone should take heed to when travelling to another country.

"The best thing to do is to bring your American Express," Butler said. "When they say 'Don't leave home without it,' I couldn't agree more."

Accidents Happen to Some People More

By College Press Service

ITASCA, Ill.—The likelihood that you will suffer an accidental death or injury depends in part upon your age, your sex and where you live and drive, a recent National Safety Council report finds.

The 1995 edition of the National Safety Council's "Accident Facts" reports that in 1994, 92,200 people suffered accidental deaths, while 18.6 million suffered disabling injuries in the United States.

"Accidents are not random events," said Alan Hoskin, manager of the National Safety Council's Statistics Department. "Certain factors, such as age, sex and where you live, help determine the likelihood of being involved in an accident."

In 1994, accidents were the leading cause of death for people 1 to 37 years. For children and youths ages 1 to 24 years, motor vehicle accidents were the leading cause of accidental deaths, followed by drowning, fires and burns. Motor vehicle crashes caused 75 percent of accidental deaths for teen-agers.

And if you're a guy, statistics show you're more likely to die of an accidental death than a female is. Males accounted for 67 percent of

all accidental deaths. Eighty-eight percent of all accidental firearm deaths happened to males—about a rate seven times higher than for females.

Male drivers also were more likely to be involved in fatal motor vehicle crashes than were females—although women were more likely to have a fender bender. In 1994, an estimated 38,200 male drivers were involved in fatal motor vehicle crashes as compared to 14,600 females. However, females were involved in 90 accidents for every 10 million miles driven, while males were involved in 82 incidents for every 10 million miles driven. And, although alcohol contributed significantly to motor vehicle crashes for both sexes, males were twice as likely to suffer an alcohol-related motor fatality than females.

Finally, the state you live in can be a factor in your chances of having an accident. For example, Alaska led the nation with an accidental death rate of 71.4 deaths for every 100,000 individuals living in the state. By contrast, Massachusetts had the lowest accident rate of 20.7 per 100,000 population.

Whatever state you live in, you are more likely to be involved in a car crash close to your home. More than 90 percent of fatal accidents occur in the driver's home state and more than three out of four drivers involved in fatal accidents were within 25 miles of their homes.

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GROUPS/ ORGANIZATIONS

Golden Key National Honor Society welcomes all members to the next meeting. November 29th, 4:00 P.M. Milo Ball - meeting room. President - Mike Blain 551-3844

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LIFEGUARDS-Join our Team!

The Dept. of Campus Recreation is accepting applications for lifeguards and swimming instructors for Spring semester '96. Looking for fully certified applicants, but complete training in life guarding skills, First Aid, and CPR may be available. Must be responsible, enjoy working inside with children and adults, and able to work as a team. We offer a reasonable salary, full uniforms, and flexible, student-friendly hours. Apply at office of Campus Recreation located in the HPER building room 100. For more information please contact Mike Giles @554-2539 or mgiles@recnet.unomaha.edu.

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